

The Senior Profile



Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Closed Monday, September 3rd for Labor Day
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

**The distribution of this newsletter is made possible (in whole or part)
By a grant from the Massachusetts Executive Office of Elder Affairs**

**The Council on Aging's purpose is to help and serve seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!**

Senior Tax Work Off Program

Seniors work approximately 75 hours in different town departments and receive up to \$750.00 off their real estate tax bill. Your application must be returned by September 30th. Everyone must fill out an application, including those who participated last year. If there is anyone that is interested in working this program, please call the COA. Please be aware of the guidelines:

Number in Family:	1 Pers.	2 Pers.	3 Pers.
Income:	\$39,300	\$44,900	\$50,500

New Class! Strength With Dyna-Bands

Fridays, 9:15 AM to 9:45 AM,

NO Class September 21st

30 minute class, \$3.00 Donation requested

Get strong with certified group Fitness Instructor, Ellie Higgins. Work all muscles-upper and lower body-using Dyna-Bands. Ellie will provide the bands. Includes Balance and body weight exercise. Some seated some standing, for weight bearing-important for bone strength.

Fuel Assistance

Please call the COA when you receive your application to make an appointment.

Family Size:	1 Pers.	2 Pers.	3 Pers.	4 Pers.
UP TO:	\$35,510	\$46,437	\$57,363	\$68,289

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

Historical Society Open House

On Sunday, September 9th from 9:00 AM to 3:00 PM there will be an open house at the Freetown Historical Society. We will have a craft and yard sale. There will be demonstrations, exhibits and actors. Any questions please call 508-763-4563.

Submitted by Robin Kendrick

Freetown Senior Birthday Party



massculturalcouncil.org

On Thursday, September 13th, at 12:00 PM, at the Freetown Historical Society, 1 Slab Bridge Road, Assonet, we will be having our Birthday Party for seniors of Freetown. Lunch is Lasagna catered by Cyd's Creative Kitchen. RSVP and \$5.00 due by Thursday, September 6th

Attracting Birds Butterflies and Other Beneficial's", a 60 minute power point presentation about attracting pollinators and other beneficial wildlife, will be offered by naturalist John Root at 1:00 PM at the Freetown Historical Society. Free!

Perennials for edible landscaping and attracting birds, butterflies, and other beneficials will be offered for sale. This program is supported in part by the Freetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. *Submitted by John Root*

Cyd's Lunch: Tuesdays at 11:30 AM

September 4th-Ham Steak

RSVP and \$7.00 due by August 28th

September 25th-Cowboy Chicken

RSVP and \$7.00 due by September 18th

October 2nd-Chicken Pie

RSVP and \$7.00 due by September 25th

Spaghetti Dinner

Sponsored by Freetown VFW Post 6643 and "The Friends of the VFW", this is an all you can eat pasta meal on Thursday, September 20th, from 5:00 PM to 6:00 PM. \$7.00 PP, 70+ \$5.00 PP, 90+ free. We have raffles and door prizes. We are serving the community.

Submitted By Bruce Wilbur

SHINE Counselor

Serving the Health Insurance Needs of Everyone
Our SHINE Volunteer, will not be available until
further notice. Please call their regional office at 1-800-
987-2510 for any questions.

Senator and Representatives

Representative Carole Fiola will be here Monday,
September 10th, from 10:00 AM to 11:00 AM

Representative Paul Schmid will be here Monday,
September 10th, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Wednesday,
September 26th, from 9:30 AM to 11:30 AM

Pool Table

Mondays, 9:00 AM

Seated Massage

Mondays, 9:30 AM at the COA, please call the COA
for an appointment. \$5.00 donation requested for 15
minutes.

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,

Bring your own supplies. Please call the
Senior Center if you would like to attend.

Card Games-Pitch

Wednesday, September 5th at 1:00 PM and
Mondays, 1:00 PM to 3:00 PM

BINGO

Tuesdays, 12:45 PM to 3:00 PM, The license for
bingo requires that you be at least 60 years old to play

****GOLD**SILVER**PLATINUM****

Please call the COA for further information.

Painting Class

Painting...Drawing...Mixed Media...Art Classes
will begin again, Wednesday, September 26th,
9:00 AM to 11:30 AM.

Artists of all abilities and interests are welcome!
Come and give it a try...it's never too late to learn
some new tricks!

Will be upstairs in back at the senior center

Submitted by Betty Ashley

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Meat Bingo Game

Wednesday, September 19th, at 12:30 PM. Cost is 2
cards for \$5.00. **You must call and pay your \$5.00
required donation to reserve a seat by Friday,
September 14th**, win a Bingo; you can go and choose
a tray of meat. The meat packages will consist of
smaller portions perfect for one or two people.

Parkinson's Support Group

Our next meeting will be held on Thursday, September
13th, at Dartmouth Council on Aging, 628 Dartmouth
St, Dartmouth. Please call Miles Molnan at 508-997-
0907 for reservations and any questions. Please join us!

Blood Pressure

Wednesday, September 26th, 10:30 AM

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

Thursday, September 6th at 12:00 PM

Yoga

Fridays, 10:00 AM, using a mat

No Yoga September 21st

Your first class is free. Classes are a \$5.00 suggested
donation. Come on in and try our classes.

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:30 AM

Podiatrist

The Foot Doctor will be here Thursday, September
20th, at 10:00 AM. You must call Dr. Markowitz to
make an appointment at **1-401-455-3554**

Veterans Agent

Bob Klevecka is our Veterans Agent. If you need his
services, please call 508-763-3190, Monday thru
Thursday, 9:00 AM to 3:30 PM

VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday
and Thursday**. Please call the COA at 508-763-9557
for further information. We must have at least a 48
hour notice for the van.

In order to be more efficient with the van when you
call in, please have the exact **name, address and
phone number** of your destination and if you need the
wheelchair lift. We can no longer schedule without this
information. Thank you in advance for your
cooperation.

Country Travelers Trips in 2018

September 18-20, 2018-Indian Head, Lincoln, NH
\$375.00 dbl.-includes 2 nights lodging, 2 dinners, 2
breakfasts, beer/wine cheese reception, lobster fest
luncheon, Kellerhaus, M/S Mt. Washington Cruise
(lunch), nightly entertainment.

October 13, 2018-New York City Day Trip, \$49.00 PP

October 16, 2018-Harts Turkey Farm lunch followed
by Farm/Orchard visit, Meredith, NH, \$60.00 PP

November 12-14, 2018-Turning Stone Resort and
Casino, Verona, NY \$245.00 dbl. \$359 sgl. \$240 triple.

ALL above trips leave from the backside of Hampton
Inn (Next door to White's Restaurant) **far side near
tennis courts**. If enough people register from this area,
they will make the Senior Center a pick up destination.
Any info please call Veronica Beaulieu at 508-636-
4889.

Submitted by Judy Emond

Brown Bag” Program
Wednesday, September 26th
From 10:30 AM to 12:00 PM
At the front of the building

“**Brown Bag**” distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,872 per month
2 people	\$2,538 per month
3 people	\$3,204 per month
4 people	\$3,870 per month

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

Compassionate Care Hospice
VOLUNTEERS NEEDED!!!

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient’s family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011,

Email: Michael.Freilich@cchnet.net.

We are looking forward to hearing from you!

Submitted by Michael Freilich

Ice Cream Social

Mondays at 1:00 PM

While Supplies Last!

We have some remaining ice cream and will continue until all out!



USDA CAN HELP REPAIR YOUR HOME
RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma



Tea Time!

It’s tea time! Join us for a tea party social. Light refreshments will be served. Bring a friend, or, maybe, make some new ones. Bring your favorite tea cup; we will have some here also! Thursday, September 27th at 11:00 AM, Please RSVP by September 20th

FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717-1008
ADDRESS SERVICE REQUESTED

PRESORT STD.
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ROCHESTER, MA 02770

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Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information please call the Freetown COA-we have flyers-or Lori at Lakeville COA-508-947-7224.

September 26-28, 2018, Wednesday-Friday, 3 Days/2 Nights Penn. Dutch & Amish-\$469.00 PP/Double

October 12, 2018, Friday, Sweets, Treats & Foliage in New Hampshire-\$84.00 PP

October 29, 2018, Monday, Lake Winnepesaukee Turkey Train in New Hampshire-\$82.00 PP

November 14, 2018, Wednesday, Newport Playhouse presents "Sylvia"-\$92.00

December 5-7, 2018, Wednesday to Friday, Christmas In the White Mountains-Double \$489.00 PP, Triple \$459.00 PP, Single, \$629.00 PP

Directors Note

We are taking a stand by list for anyone who wants Farmers Market Coupons. Please call the COA for further information

Thank you to Chuck Macomber and his department for helping us with many tasks

**East Freetown Grange
Farmers & Artisans Market**

From 9:00 AM to 12:00 PM

At the Grange Hall, 26 Washburn Road, East Freetown
September 2nd & 16th

Come meet your community's farmers, homesteaders
and artisans!

Featuring:

The Ashley Homestead, For the Craft of It, The Crooked Cottage and KDB Farm Burnt Creations
For more information or request a vendor space, please contact freetowngrange307@gmail.com

Facebook: East Freetown Grange #307
